

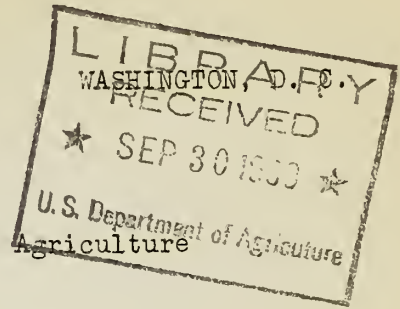
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INFORMATION FOR THE PRESS

United States Department of Agriculture

RELEASE FOR PUBLICATION :
October 4, 1939 -----



THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

BIG SUPPLIES OF EARLY APPLES

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An open fire, a diverting book, a bowlful of apples--that's one perfect setting for a pleasant evening. This fall and winter--if there is plenty of firewood on hand, good literature within reach--many such evenings are in store for those who enjoy them.

For coming to market now is a big crop of apples. The commercial crop this year probably will be one fourth again as large as it was last year and well above average, according to estimates of the U. S. Department of Agriculture. There's no telling, of course, how many more apples are being produced by countless backyard trees over the country. Nor does the estimate for the commercial crop include apples grown for canning and drying.

Good news to apple munchers who start straightway to consume their share is that this year there will be big supplies of the earlier apples, especially those that are good for eating fresh out of hand. Apple prices so far this season have been fairly low.

There's no better reason for eating apples than their appealing flavor and crunchiness. But red or yellow, striped or blushed, an apple is also a worthwhile bit of nourishment. Eaten with the skin on, it helps to keep the digestive tract of a person in normal health in good order. Also, a good deal of the mineral content of the apple is near the skin. Apples contribute small amounts of three

vitamins--C, B, and G. These contributions, especially of vitamin C, take on importance when the apple is a frequent item in the diet.

Uppermost in the mind of the woman who buys apples should be the purpose for which she wants them. For, as any little boy knows, there are some apples that are best just as they come off the tree, others more tart and firm, which are best left alone until the cook gets around to doing something about them. Still others are good either way, although for cooking they needn't be fully ripe, as they should be for eating raw.

Useful in apple selection is an ability to recognize the more important commercial varieties, to know what sort of an apple each is. General purpose apples on the market now are Jonathan and Grimes Golden. Baldwin, Stayman, and Northern Spy will be ready by November. Winesap and Yellow Newton are later varieties. Three cooking apples, Rome Beauty, York Imperial, and Rhode Island Greening, come along in November. Delicious and McIntosh, for eating raw, are ready now.

If there is a cool place to store apples, it may be economical to buy them by the bushel or the barrel. Best place to store them at home is in a cellar with a dirt floor and good ventilation. Or, if the temperature never gets below freezing an unheated room or garage with a window is suitable. Before buying apples in large quantities, however, it is a good idea to buy a sample lot first. For while appearance and good color may indicate good quality, they do not insure it.

There's no fruit on earth that assumes more forms, takes on more guises than the apple. It pours out of the cider press in a sparkling liquid. It appears in tender, translucent jelly. It goes into spicy apple butter. It may be dried or canned. And raw or cooked, it makes up dishes that fit into a meal all along the line from fruit cup to dessert.

Most important thing to remember in cooking apples is to be sparing with water, because the fruit is over four-fifths water and much of this cooks out. Use only enough water in applesauce to cook the fruit soft without scorching. Put just enough in baked apples to keep them from sticking to the pan. Use none in scalloped apples, pie, or apple brown betty.

Spices in moderation add piquancy to apple dishes. Cinnamon and nutmeg blend in with the delicate apple flavor without stealing the taste spotlight. Sprinkle nutmeg on applesauce just before it is to be eaten, otherwise, it is likely to make the flavor bitter as the sauce stands. Bring out apple flavor with a bit of salt.

Great American Dessert, as far as many men are concerned, is apple pie with cheese. Something special along this line is apple pie, covered with American cheese cut into thin slices or grated, and put in a very moderate oven until the cheese melts. It doesn't matter whether the pie goes into the oven freshly baked or cold—but it should be served as soon as it comes out.

Crackers sprinkled with grated cheese, then toasted, go well with apple salads. For a dressy looking salad, cook pared, cored, firm apples in sirup made with 2 cups water, 1 cup sugar, and red cinnamon candies. Drain the apples, chill them, and fill centers with cottage or cream cheese. Serve on lettuce with mayonnaise or French dressing.

Apples are good joiners, too, in other salads, scalloped or fried with different vegetables, served with meat. Glazed in rings they are good served hot with the main course of a meal, or chilled as a relish for cold cuts of meat or cheese. And stuffed rib pork chops with baked apples make a dish that's as pleasant to behold as it is to eat.

To prepare, cut a pocket in each chop. Sprinkle each with salt and pepper, rub lightly with flour. Sear on both sides in a heavy, hot skillet. Then fill each chop with well-seasoned stuffing and skewer the edges together with toothpicks. Lay on a rack in a baking dish or pan with cover. Place half an apple, cored but not pared, cut side down on each chop. Cover closely and bake in a moderate oven for about 45 minutes or until the meat is tender. Lift the chops and apples onto a hot platter. Remove toothpicks and serve at once.

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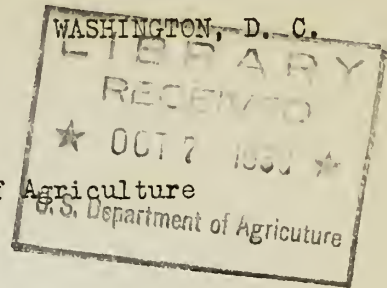
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October 11, 1939 :

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

WHEN THE LUNCH BELL RINGS



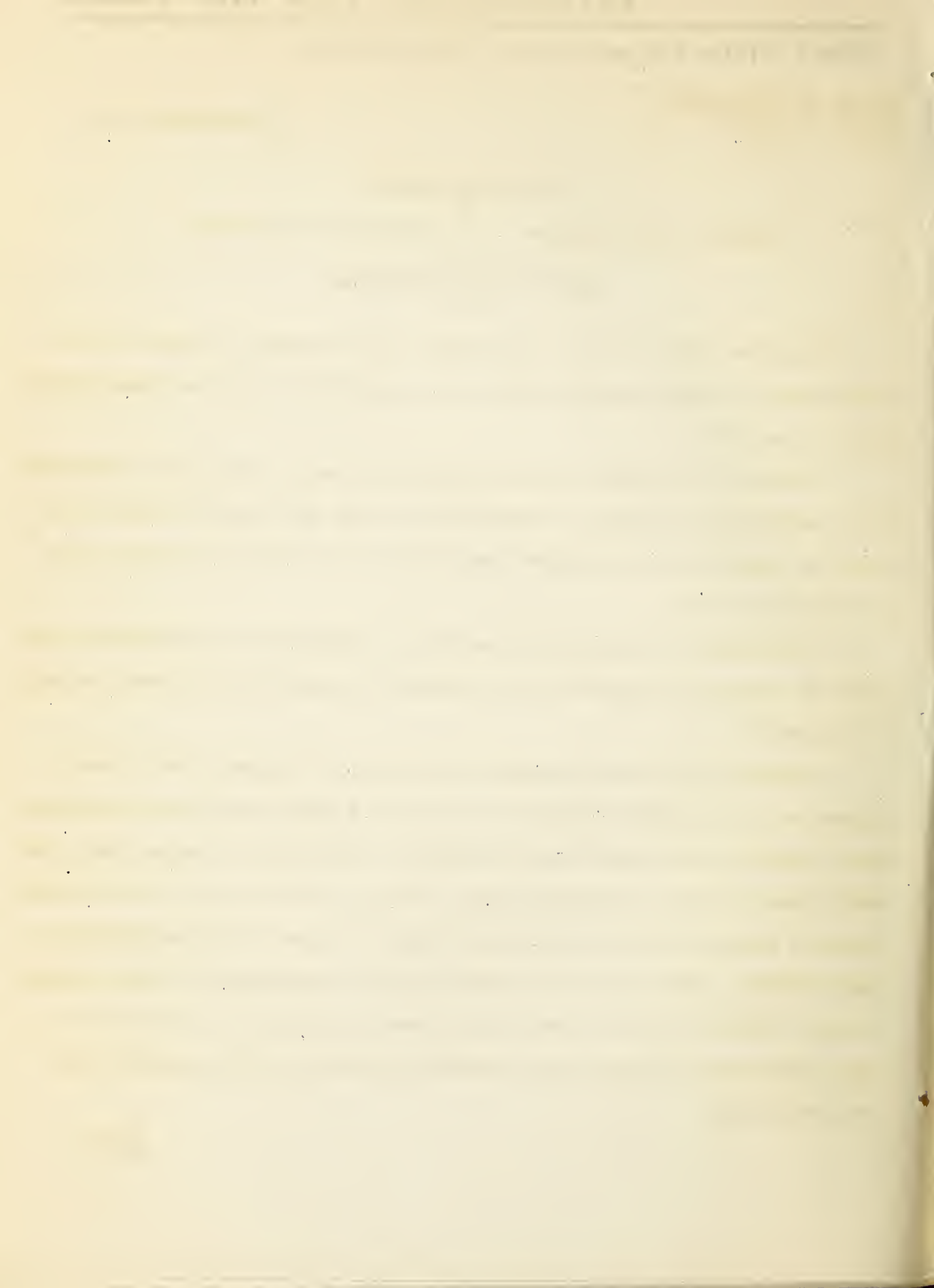
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East, West, North, South --- the organized school lunch is getting off to a better start this fall than at any time since young America began its annual tussle with the three R's.

Reason No. 1 is mounting public consciousness that to develop the sound mind in the sound body, the citizen of tomorrow has to have good food and plenty of it, today, and every day. Mary Schwartz Rose, Columbia University nutritionist, even goes so far as to say:

"The machinery of education is wasted if it operates on a mind listless from hunger or befogged by indigestible food, whether the cause be carelessness, poverty, or ignorance."

Reason No. 2, in many communities, for this year's expanded school lunch program, is the food made available by the Federal Surplus Commodities Corporation. First announced by the United States Department of Agriculture in August, this program is going forward as originally mapped. Possible changes in the food situation created by the world crisis are not forestalling this plan to help feed America's needy children. Already schools in every State are cooperating. If plans continue to carry, between now and the time school closes next spring, it is hoped that as many as five million underprivileged children will have a good substantial lunch every school day.



Good team work, important in any school lunch project, is absolutely necessary in this one involving local, State, and Federal agencies. The Federal Surplus Commodities Corporation furnishes the food only after local plans are laid for cooking and serving the lunches to children certified as eligible for free lunches.

The Parent-Teacher Association generally sits in on the sponsoring committee, along with the Superintendent of Schools, members of the school board, the home economics supervisor or teacher, and spokesman for the W.F.A. Oftentimes the public health nurse, the local health officer, a nutritionist for the Red Cross chapter, and representatives of a dozen or more civic and welfare agencies join in working out details of management and financial support. The Director of the School Lunch Project, Federal Surplus Commodities Corporation, Washington, D.C., will gladly furnish details on this cooperative program.

Though hungry children are seldom fussy about their food, the lunchroom manager is always on the lookout for new ideas. To her the daily bill-of-fare is much more than just a way to take care of that "empty feeling". She puts all the "protective" foods possible into the menu -- milk, eggs, liver, fresh fruits and vegetables, whole-grain cereals -- combined in endless different ways.

One day it may be a thick steaming soup with sandwiches to help stick to the ribs. Then there are the ever popular all-in-one hot dishes, combining vegetables with meat, eggs, or fish, and some such cereal as rice, cracked wheat, or corn meal. To the youngsters it's just food; it looks good, smells good, and tastes good. But the lunchroom manager sees it in terms of long-time nutrition. She looks on each lunch as doing its daily bit toward a diet giving children at least some of the food values they must have in order to develop strong bodies and alert minds.

A trained dietitian may even figure the menu in terms of calcium, iron, phosphorus, vitamins, protein, calories. But for general purposes it is enough to keep in mind the main food groups.



Milk and milk products. In addition to their protein both milk and cheese are two of the best sources of calcium, needed for building bones and teeth.

Eggs, meat (especially liver), fish. Rich in efficient protein and valuable also for minerals and vitamins.

Fruits and vegetables. The yellow and leafy green vegetables are outstanding in vitamin A. Tomatoes and citrus fruits rank high for their vitamin C. And all fresh fruits and vegetables help in giving flavor, variety, and food value.

Bread and cereals, especially the whole-grain products that carry minerals and vitamins as well as calories.

Sweets and fats. Molasses, sorgo sirup, and the not-so-highly refined sweets add some minerals as well as help stoke the engine with fuel. Of the fats, butter, cream, and oleomargarine labeled as containing vitamin A, again add more than just calories. It is the fat in food that gives it its staying quality.

Oftentimes the State college of agriculture through its extension service helps in planning the school lunch program. The Bureau of Home Economics of the United States Department of Agriculture likewise will send to any school lunch manager or teacher a free bulletin of menus and recipes for serving groups of 50 children.

The school lunchroom is a place to teach courtesy, cleanliness, general health habits, as well as facts about nutrition. Children find it fun to compete in a poster or cartoon contest on such themes as "serve others before you serve yourself", "wash your hands before you eat", "take time to chew your food". They enjoy too being on committees to keep the lunchroom in order and arrange flowers or simple decorations for special days.

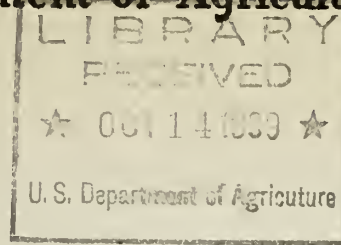
Some communities require all persons preparing and serving food for the school lunch to pass periodic medical examinations so disease may not be spread by unsuspecting "carriers". Plenty of hot water for washing utensils and dishes is also necessary for good sanitation.

Run in this way the school lunch becomes an educational project for the whole community. For children are quick to carry home new ideas. And when parents understand the plan and purpose of the hot lunch at school, the family meals may also be selected with an eye to better nutrition.

INFORMATION FOR THE PRESS

United States Department of Agriculture

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WASHINGTON, D. C.

THE MARKET BASKET
by
Bureau of Home Economics, U. S. Department of Agriculture

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PIECRUST POINTERS
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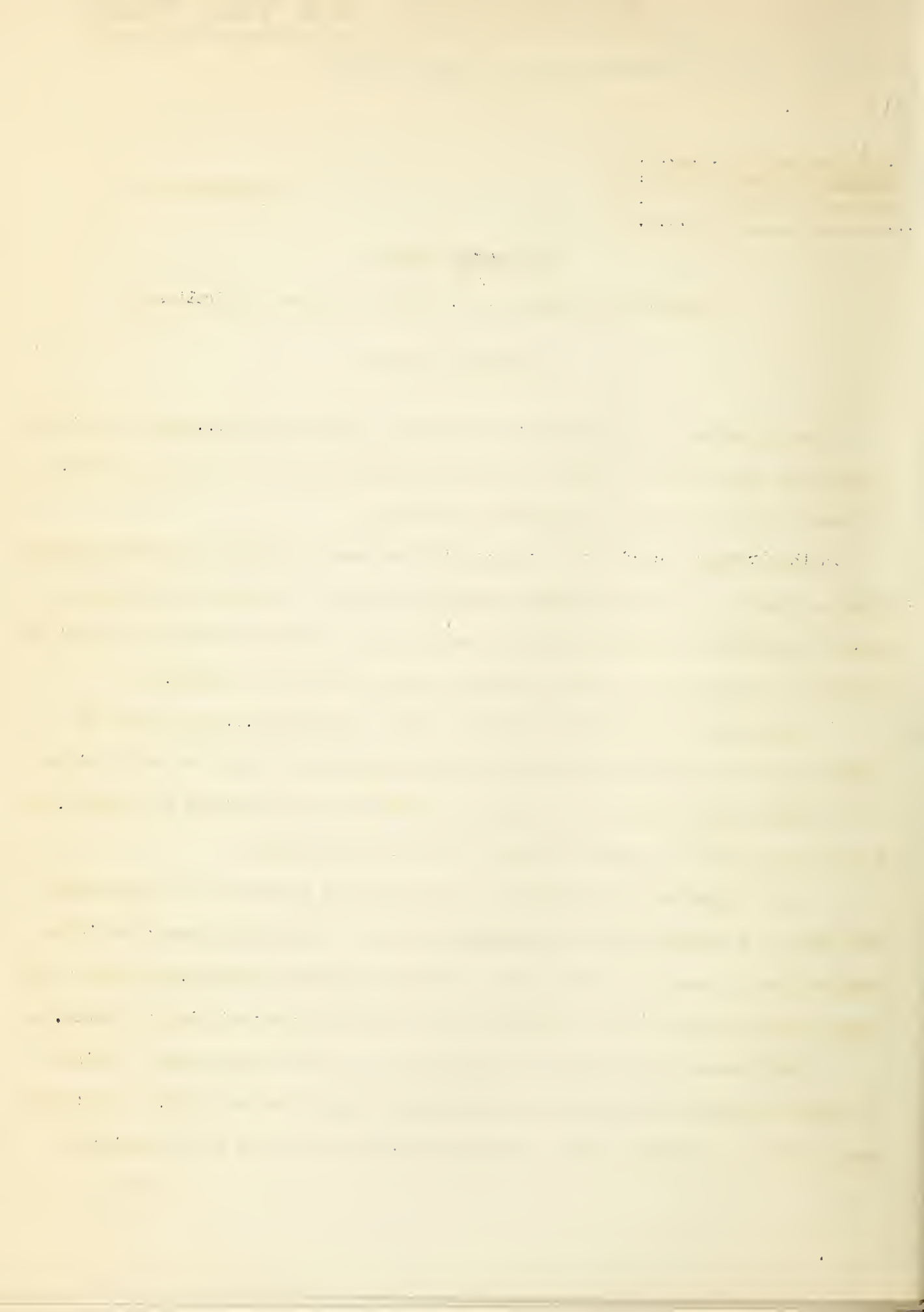
Few creations of the kitchen are pointed to with such pride...or on occasion viewed with such alarm as pastry. For when pastry is good it is very good indeed, but when it is bad it can be practically inedible.

In the broad sense of the word, pastry may mean a variety of baked products. Simmered down to its common meaning, however, pastry is the crust that incases a fruit, a custard, or a cream filling to make a pie. Sometimes this plain pastry is baked in small shells for tarts, or used to wrap up fruit in a dumpling.

Considering the popularity of pies, tarts, and dumplings...no woman who aspires to be a good all-round cook can count her education complete until she is able to make plain pastry. Her cupboard seldom lacks the materials for making it. For all that must be on hand are flour, fat, salt, and water.

Basic ingredient is the flour. A good kind for piecrust is an all-purpose type that is a blend of soft and hard-wheat flours. Pastry dough made from all-purpose flour is easier to handle than that made from very soft flour, because the dough holds together better. Also the crust is flakier, not so likely to crumble.

Chief reason for putting fat in pastry is its shortening power. Mixed in the right way, the fat separates the particles of flour from each other, makes the crust "short" or tender. Almost any kind of good-flavored fat may be used for



piecrust. Lard, lard compound, or one of the hydrogenated vegetable fats, is commonly used, and both experiment and experience show them to be satisfactory. In general, lard has greater shortening power than other fats ordinarily used.

As long as tastes vary, there can never be one formula for piecrust that suits all. But a crust that is medium rich will please most of the pie eaters most of the time. For a double-crust pie, measure out 1-1/2 cups of sifted flour, from 5 to 6 tablespoons of fat; 3/4 to 1 teaspoon of salt; and about 2-1/2 tablespoons of water.

Piecrust may be mixed either with all the ingredients cold...or it may be mixed by the boiling water method. The above proportions have been worked out for the first method...the one used by a majority of cooks.

First step in mixing by this method is to cut the solid fat into the flour and salt in order to divide the fat into small particles, to coat these particles with flour. Use a pastry cutter for this, or a fork, a couple of knives, or the fingertips. But when doing the mixing with the fingertips, work quickly so the fat will not get too soft with the warmth of the fingers. Have the fat cold to begin with.

Continue to cut the fat into the flour until the mixture has a granular appearance, with the size of the grains about the same as those in coarse corn meal. Then begin to add the final ingredient, water.

Only a small amount of water is "enough" for a piecrust. A little more than enough, or a little less can make the difference between good and poor pastry. Too much water makes the crust tough. Too little water results in a crumbly, heavy crust.

Add the cold water, a little at a time, by sprinkling it over the surface of the flour and fat mixture. Combine each dampened part into dough, then push this aside and add water to the rest of the fat and flour, a portion at a time, until the mixture becomes a stiff dough.

Roll out a little more than half the dough on a lightly floured board. When it is large enough to line a piepan, fold it in half and slide it onto the pan. An easy way to see if the dough is large enough for the pan, is to turn the pan upside down on the dough and judge by that. Pat the dough lightly to get rid of air bubbles that may have formed between the crust and the pan. If the crust is to be baked before the filling goes into it, prick the dough every 2 or 3 inches.

When the crust is baked first, many women like to put it on the outside of the piepan, so it cannot shrink out of shape. Similarly, tart shells may be baked on the outside of muffin tins. About 10 minutes in a hot oven (400°F.) is enough to brown either lightly.

Custard type pies, made with a pre-baked crust, need about 25 minutes in a moderate oven (350°F.) for cooking, to set the custard. Fruit pies with a pre-baked crust need from 25 to 30 minutes in a moderately hot oven (375° to 400° F.) Double-crust fruit pies without the crust baked first need about 35 minutes in a hot oven (425° F.) or a little longer if the fruit is one that doesn't cook tender in that time.

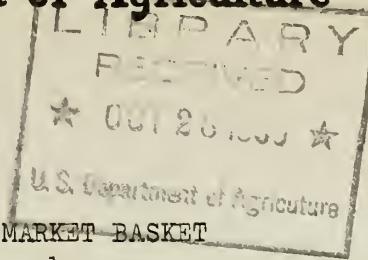
If more dough is made up ahead of time than can be used at once, it may be kept over a day or two in the refrigerator. It will be easier to roll out if it is taken out of the refrigerator a little ahead of time to let it "warm up" a bit.

Smaller pieces of pastry are needed for fruit dumplings or turnovers. For an apple dumpling, put a whole peeled, cored apple into the center of a piece of piecrust about as large as a fruit plate. Sprinkle the apple with a mixture of sugar, cinnamon, and a few grains of salt. Dot the fruit with butter. Lift up the edges of the dough and press them together. Place in greased muffin tins and bake in a moderate oven (350° to 375° F.) for 30 minutes. Serve hot with lard or liquid sauce.

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United States Department of Agriculture

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WASHINGTON, D. C.

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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A PLENTIFUL NUT CROP
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Nuts are plentiful over most of the United States this year, judging by estimates of the U. S. Department of Agriculture.

Included in the official estimates of the crop reporters are only the nuts that are grown in large enough quantities to make them important commercial crops -- peanuts, English walnuts, pecans, almonds, and filberts. Of these filberts probably will be coming to market in record abundance and walnuts in near-record abundance. Almonds are expected to be slightly under last year's all-time high. And pecans, though they won't be breaking records, probably will be more plentiful than they were last year.

Peanuts are in a class by themselves. First, unlike these other nuts, they do not grow on trees. In fact, strictly speaking, they are legumes rather than nuts. Second, peanuts are grown on a much larger scale than tree nuts. This year, peanuts promise to be slightly less abundant than they were last year when there was an exceptionally large crop.

Shopping for nuts may bring up one question -- "Is it better to buy nuts in the shell or out?". There's no one answer. It depends. Nuts in the shell are somewhat cheaper per pound and not so likely to get contaminated. On the other

hand, nuts already shelled save the time and labor it takes to get them out of the shell, and they take up less room in the storage cupboard.

In most recipes, the amount of nuts called for is expressed in terms of the shelled kernels. For that reason, when buying unshelled nuts for a particular recipe, it is useful to know how much they will weigh and measure after they are shelled. That information worked out approximately for six popular nuts follows:

Almonds: For 1 pound or $3\frac{1}{2}$ cups shelled kernels it takes about $3\frac{1}{2}$ pounds unshelled almonds. Filberts: For 1 pound or $3\frac{1}{2}$ cups shelled kernels it takes about $2\frac{1}{4}$ pounds of unshelled filberts. Peanuts: For 1 pound or 3 to $3\frac{1}{2}$ cups of shelled kernels it takes about $1\frac{1}{2}$ pounds of peanuts in the shell. Pecans: For 1 pound or $3\frac{1}{2}$ cups shelled pecans it takes about $2\frac{1}{2}$ pounds pecans in the shell. English walnuts: For 1 pound or 4 cups of halved English walnuts it takes about $2\frac{1}{2}$ pounds of unshelled nuts. Black walnuts: For 1 pound or 3 cups broken kernels it takes about $5\frac{1}{2}$ pounds of nuts in the shell.

Greatest of all nut virtues are freshness and crispness. Most nuts are rich in fat and if this becomes rancid the nuts have a disagreeable flavor. To prevent this, it's a good idea to buy nuts in fairly small quantities and to use them quickly. Keep them in an airtight container in a cool, dry, dark place.

Although nuts are practically made-to-order for kitchen use, there's one precaution no cook could overlook. Be sure every bit of the shell is separated from the nut meats. To bite into a piece of cake or candy and come upon a stray bit of shell comes definitely under the head of unpleasant surprises.

Nuts are often added to vary favorite recipes for breads, muffins, cakes, biscuits, waffles, or cookies. There need be no change in the other ingredients. Use from one-fourth to one-half cup of nuts to each cup of flour.

In concoctions that have to be cooked for any length of time most cooks prefer nuts with a pronounced flavor. Nuts with distinctive flavors are also good in ice cream. Black walnuts and pistache nuts are often added. About one-half cup of nuts to 1 quart ice-cream mixture is a good proportion.

Mixed with ingredients for a salad, sprinkled atop the salad itself, or served alongside in small paper cups, nuts lend an interesting crispness of texture. A bit of salad wisdom that many a woman has picked up for herself is that hickory nuts, black wlanuts, or English walnuts should be added just before serving. Otherwise they may discolor or darken the whole salad.

Desserts of a soft consistency, such as custards, are also enhanced if a few chopped nuts are sprinkled over them, or whole nuts served along with them.

As for other uses of nuts, these can be found in any section of the cookbook. On the whole it is better to include nuts as part of the regular meal rather than to use them as a supplement to a meal that is already adequate.

Most nuts are very rich in fat. And although they do contain protein, usually they should be considered as a source of fat rather than of protein. For to get a sizeable amount of protein from them, one has to eat more fat than is desired. The proteins of nuts are not so completely digestible or as well utilized as are the proteins of animal origin, such as those in meat or eggs.

Good sources of vitamin B₁ are peanuts, pecans, chestnuts, almonds, English walnuts, filberts, and Brazil nuts. The pecan is also a good source of vitamin A. Most nuts are rich sources of phosphorus. Unblanched almonds, hazelnuts, walnuts, pecans, and hickory nuts are good sources of iron.

